MH01D4481

I plan to eat the following foods instead of canned meats:

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Places I can call for information about Hawaiian foods and how to cook them.

OMH-RC-Knowledge Center
5515 Security Lane, Suite 101
Rockville, MD 20852
1-800-444-6472

Native Hawaiian
"Take Care of Your Body" Booklet
Reading Grade Level: 2
Dimensions: 5.5" x 8.5"

NATIONAL CANCER INSTITUTE

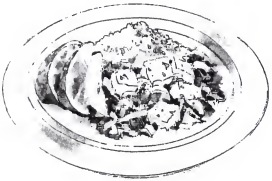
Take Care of Your Body

Here's how:
Eat less canned meats!
They have a lot of fat.

Eating less canned meat may cut down on your chances of becoming overweight and getting certain types of cancer or heart disease. Traditional Hawaiian meals are still the best for yourself and your family.

Try to make these traditional Hawaiian meals.

Steamed taro, three-bean salad, and baked chicken.



Brown rice, fruit, and tofu with vegetables.

Poi, steamed vegetables, and lawalu fish.

Malami i kou kino! (Take care of your body!)